

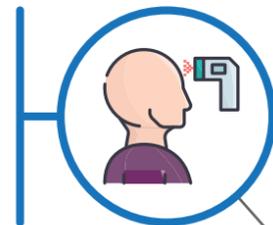


# MENTAL HEALTH

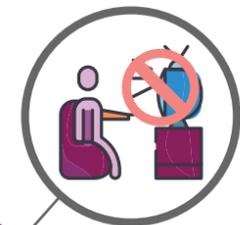
## SAFETY MOMENT

### Steps You Should Take to Cope with Stress

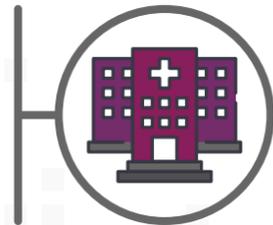
**Know what to do if you are sick and concerned about the pandemic -**  
Reach out to a professional before starting any self-treatment.



**Avoid watching, reading or listening to news stories on the pandemic -**  
News on the pandemic can be upsetting



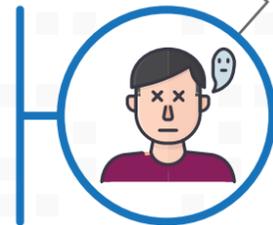
**Know where and how to get help and treatment -**  
Attend counselling or therapy sessions (in-person or through telehealth)



**Take care of your physical health -**  
Eat healthy, exercise regularly and get plenty of sleep



**Take care of your emotional health -**  
Think clearly and react quickly to urgent needs to protect yourself and family



**Unwind and connect -**  
Try doing activities you enjoy and talk with people you trust about your concerns

